

## USES OF GOMUTRA – HOW &amp; WHEN?

Dr. Himanshu Verma\*<sup>1</sup>, Dr. Yogesh Jakhar<sup>2</sup> and Dr. Anupam Pathak<sup>3</sup><sup>1</sup>(P.G. Scholar) Dept. of Swasthviritta, S.G.C.A.S.H.<sup>2</sup>Assistant Professor, Dept. of Swasthviritta, S.G.C.A.S.H.<sup>3</sup>Professor and H.O.D, Dept. of Swasthviritta, S.G.C.A.S.H.

\*Corresponding Author: Dr. Himanshu Verma

(P.G. Scholar) Dept. of Swasthviritta, S.G.C.A.S.H.

Article Received on 14/01/2020

Article Revised on 04/02/2020

Article Accepted on 25/02/2020

## ABSTRACT

*Gomutra* plays an important role in mythology as well as in *Ayurveda*. It is considered as holy and has both spiritual & medicinal benefits. *Brihatrayee* has mentioned *Gomutra* at first place among *Astamutra Varga*. *Gomutra* is one of the five contents of *Panchagavya* which obtain from Cow (Urine, Milk, Ghee, Curd & Dung). Cow based treatment is known as *Panchagavya Chikitsa*. It's an Important and essential part of *Panchagavya Chikitsa*. In present era due to improper life-style many life-style disorders and auto-immune disorders are developing. Many researches has been done on *Gomutra* & it's effects on the body and curing diseases. *Gomutra* is scientifically proven to act as an immunomodulatory along with its bacteriostatic action. This work is a conceptual view about *Gomutra* and its benefits in the maintenance of health and curing auto immune and lifestyle disorders alone and along with other *Aushad Dravyas*.

**KEYWORDS:** *Ayurveda, Gomutra, Astmutra-Varga, Brihatrayee, Aushad Dravyas.*

## INTRODUCTION

*Ayurveda* is an Indian science, in which the human body is kept healthy, free from disease or mitigation & age-enhancing. The *Ayurveda* texts have defined the therapeutic effects of certain animal products eg:- Honey, Milk, *Pitta, Vasa, Majja*, Blood, Meal, Stool, Urine, Semen, Bones, Muscles, Horn, Nail, Hair & *Gorochana*.<sup>[1]</sup> According to *Ayurveda Mutra* can be obtained from eight different types of animals, *Gomutra* is considered as the best.<sup>[2]</sup> *Gomutra* is urine from cows used for therapeutic purposes in traditional Indian medicine *Ayurveda* & also for Purification of *Vaastu Doshas*.<sup>[3]</sup>

## Mythological belief about Cow Urine

Lord *Shiva* narrated "Benefits of Urine Therapy" to Mother *Parvati* which has been referred in the ancient book "*Dammar Tantra*" in Vedas. In ancient books urine is referred as "*Shivambu*" (Auto urine) meaning water of *Shiva*.

Therapy of urine is the ancient method of treatment. The powerful practice of healing "Self-urine therapy" has been referred in "*Shivambukalpa Vidhi*" part of 5000 years old document called *Dammar Tantra* linking this practice to Vedas the sacred Hindu texts. Reference of urine therapy is also found in almost all the volume of *Ayurvedic literature* and in one of the volume of

*Bhavaprakasha* urine is termed as "*Vishaghna*" (Anti Poisonous) killer of all poisons and "*Rasayan*" (*Rejuvenative*) which can rejuvenate even old person and purify blood and cures all skin diseases.

## AIM AND OBJECTIVES

- ❖ To promote uses of *Gomutra* in daily routine according to Basic text of *Ayurveda*.
- ❖ To conduct a preliminary invitro screening for verifying the existence of antimicrobial potential in different samples of *Gomutra*.
- ❖ To Study their effectiveness with the combined effect of medicinal herbs & how *Gomutra* modulates the function of the human immune-system.

## MATERIALS AND METHODS

*Gomutra* is used to treat skin disorder (*kilasa, kushtha, pama, kandu, Visarpa*), G.I disorder (*gurm, aanaha, atisara, krumi, kamala, pandu, mutraroga*), *Shwasa roga* & *visha*, these disease can be treated with oral administration of *Gomutra*.<sup>[4]</sup> *Gomutra*, due to its *ruksha, tikshana, ushnaguna, lavana rasa, Kashaya anurasa* is used to treat *krumi, shophya, aanaha, pandu, visha, shivtra & arsha*.<sup>[5]</sup> Sprinkling of *Gomutra* is said to have a spiritual cleansing effect as well.<sup>[6]</sup> According to the head of the *Ayurveda* Institute *Dhanwantri Vaidyaala* of Thodupuzha, Satish namboodiri its also used for peptic ulcer, liver ailments & asthma.<sup>[7]</sup> A recent

movement advocates, regular drinking of *Gomutra* for its alleged health benefits.<sup>[8]</sup> Jeevamirutha is a fertilizer made from a mixture of cow urine, cow dung, jiggery, pulse flour & rhizosphere soil.<sup>[9]</sup>

### Composition of Gomutra

Urea, Uric Acid, Minerals, Nitrogen, Sulphur, Copper, Iron, Phosphorus, Sodium, Potassium, Magnesium, Calcium, NaCl, Vit. A,B,C,D,E, Carbolic acid lactose, sugar enzymes, water, creatinine. Bioactive Substance & hormones eg- Urokinase, epithelial growth factor hormones, Erythropoietine, Gonadotrophins, Trypsin inhibitor, Allantoides, anti neoplaston, H-11 beta- iodole-acetic acid.<sup>[10]</sup>

### METHODS

*Gomutra* plays an important role in detoxification process of Aconite, *Datura* & Silver. *Gomutra* also plays an important role in purification of many drugs & elements like- *Guggulu*, *Loha*, *Silver*, *Swarn*, *Tamra*, *Naga*, *Bhallataka*, *Abhraka*, *karpur*, *Rajavarta*.<sup>[11]</sup> Some important formulations in *Ayurveda* in which *Gomutra* is used like<sup>[12]</sup>

1. *Ashwini kumar Ras*
2. *Arsha Kuthar Ras*
3. *Sanjivani Vati*
4. *Mandur Vatak*
5. *Punarnava mandur*
6. *Agnimukh Mandur*
7. *Panchgavaya Ghrit*
8. *Kasisadi Tail*

According to *Ayurveda* Use of *Gomutra* in some major diseases are given below<sup>[13-14]</sup>

1. *Swarnmakshik + Gomutra = Kustha*
2. *Panchgavaya Ghrit = Apasmara*
3. *Bath with Gomutra = Apasmara, Visarpa*
4. *Haritiki Churan + Gomutra = Kaphaja Shotha*
5. *Milk + Gomutra = Vataja Shotha*
6. *Gomutra (oral Intake) = Udarroga*
7. *Guda + Haritiki + Gomutra = Arsha*
8. *Mahish Ghrit + Daruharidra + Gomutra = Pandu*
9. *Pippalyadi Churan + Gomutra = Hrudroga*
10. *Pratisarna Karma with Gomutra = Scar Mark*
11. *Chitrak + Trikatu + Gomutra = Kshwitra*
12. *Gomutra = Lekhan Basti*

### CONCLUSION

*Gomutra* is the one of the alternative method which can help to improve our health care system. Though *Ayurvedic* texts have mentioned the properties and uses of Cow urine in detail, but a systemic work need to be carried out on chemical nature, biological activity, microbiological and pharmaceutical aspects and mechanism of bioactive compounds in *Panchgavya* along with promotional clinical trials both in preventing and treating diseases of humans as well as their livestock. Necessary support of scientist as well as researchers and clinicians is desired in order to

strengthening the miraculous effect of *Gomutra*, which will inspire both physician and public to adapt and propagate this wonderful therapy for the beneficial health benefits and help fighting various diseases and disorders of both animals and humans. The *Panchgavya* theory of *Ayurveda* should gain popularity not only in traditional families but also in highly educated and scientific society. An integrated approach is necessary to promote the highly valuable virtues and wide applications of *Gomutra*.

### REFERENCES

1. Charak Samhita, Sutra Sthana,1/70, Satyanarayan Shastri, Chaukhamba Bharti Academy, Varanasi, 1<sup>st</sup> edition, 1992; 1: 41.
2. Bhavmishra, B.P in *Mutra varga*/4, Brahmarshankar Mishra, Chaukhamba Sanskrit Sansthan, Varanasi, 9<sup>th</sup> edition, 1: 778.
3. N.H Sahasrabudhe, R.D Mahatma Mystic science of Vastu. Sterling Publishers Pvt. Ltd., 2000; 2015; 68.
4. Vagbhata, Ashtanga Hridayama in Sutra Sthana. 5/83, Tripathi Brahmananda, Chowkhamba Sanskrit Pratishthan, Delhi, 1<sup>st</sup> edition, 1992; 84.
5. Vagbhata, Ashtanga Hridayama in Sutra Sthana. 5/83, Tripathi Brahmananda, Chowkhamba Sanskrit Pratishthan, Delhi, 1<sup>st</sup> edition, 1992; 84.
6. N.H Sahasrabudhe, R.D Mahatma (2000) Mystic science of Vastu. Sterling Publishers Pvt. Ltd., 2015.
7. "Cow Urine aids treatment of Cancer, Asthma"? The Economic Times, (12 July 2012).
8. Farmer Cultivates Paddy with Cow Urine, dung. The Hind, 13 Dec. 2012.
9. T. Satyanarayana, Bhavdish Narain Johri, Anil Prakash, Micro organism in Sustainable & Biotechnology, Springs Science & Business Media, 63.
10. Pathak ML, Kumar A. Cow praising and importance of Panchyagavya as medicine. Sachitra Ayurveda, 2003; 5: 569. *Ayurveda Sarsangraha*, Shri Baidyanath Ayurveda Bhawan Private Ltd., Nagpur, 2004.
11. *Ayurveda Sarsangraha*, Shri Baidyanath Ayurveda Bhawan Private Ltd., Nagpur, 2004.
12. Kushavaha Harish Chandra Singh, Charaka Samhita with *Ayurveda-Dipika* & *Ayusi hindi commentary*, Chikitsa Sthan, Published by Chaukhamba Sanskrit Pratisthan, Delhi, 2011.
13. Sharma Anantaram, Susrutha Sammhita, Chikitsasthan, Chaukhambha Subharti Prakashan Edition, Varanasi, 2009.